



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 20053, Rice, white, short-grain, enriched, cooked**

**Report Date: June 27, 2017 04:59 EDT**

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
<b>Proximates</b>					
Water	g	68.53	--	--	127.47
Energy	kcal	130	--	--	242
Energy	kJ	544	--	--	1012
Protein	g	2.36	--	--	4.39
Total lipid (fat)	g	0.19	--	--	0.35
Ash	g	0.20	--	--	0.37
Carbohydrate, by difference	g	28.73	--	--	53.44
<b>Minerals</b>					
Calcium, Ca	mg	1	--	--	2
Iron, Fe	mg	1.46	--	--	2.72
Magnesium, Mg	mg	8	--	--	15
Phosphorus, P	mg	33	--	--	61
Potassium, K	mg	26	--	--	48
Sodium, Na	mg	0	--	--	0
Zinc, Zn	mg	0.40	--	--	0.74
Copper, Cu	mg	0.072	--	--	0.134
Manganese, Mn	mg	0.357	--	--	0.664
Selenium, Se	μg	7.5	47	0.459	13.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.164	--	--	0.305
Riboflavin	mg	0.016	--	--	0.030

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Niacin	mg	1.493	--	--	2.777
Pantothenic acid	mg	0.397	--	--	0.738
Vitamin B-6	mg	0.059	--	--	0.110
Folate, total	µg	59	--	--	110
Folic acid	µg	57	--	--	106
Folate, food	µg	2	--	--	4
Folate, DFE	µg	99	--	--	184
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.051	--	--	0.095
14:0	g	0.001	--	--	0.002
16:0	g	0.046	--	--	0.086
18:0	g	0.003	--	--	0.006
Fatty acids, total monounsaturated	g	0.058	--	--	0.108
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.058	--	--	0.108
Fatty acids, total polyunsaturated	g	0.050	--	--	0.093
18:2 undifferentiated	g	0.041	--	--	0.076
18:3 undifferentiated	g	0.009	--	--	0.017
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.027	--	--	0.050
Threonine	g	0.084	--	--	0.156
Isoleucine	g	0.102	--	--	0.190
Leucine	g	0.195	--	--	0.363
Lysine	g	0.085	--	--	0.158
Methionine	g	0.056	--	--	0.104
Cystine	g	0.048	--	--	0.089

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Phenylalanine	g	0.126	--	--	0.234
Tyrosine	g	0.079	--	--	0.147
Valine	g	0.144	--	--	0.268
Arginine	g	0.197	--	--	0.366
Histidine	g	0.056	--	--	0.104
Alanine	g	0.137	--	--	0.255
Aspartic acid	g	0.222	--	--	0.413
Glutamic acid	g	0.460	--	--	0.856
Glycine	g	0.108	--	--	0.201
Proline	g	0.111	--	--	0.206
Serine	g	0.124	--	--	0.231
<b>Other</b>					